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ECOTOURISM SOURCES 生态保护资源点

Phuphaphet Cave is a large deep cave with a spacious chamber. It features the glittering and twinkling stalactites and stalagmites which look like diamonds, especially when the light shines on them. That's why it is called Tham Petch or Tham Phuphaphet which means diamond cliff cave. This cave is situated in Manang Sub-district. You can take Satun-Hat Yai Route.

普普配 钻石山 洞内有深洞，里面壮观宽敞，有被光线照射时闪闪发光的石笋和钟乳石，看似钻石的闪光，因而被称为钻石洞或普普配（钻石山）洞。在玛黄县内，沿着沙敦-合艾路线，在宽央隆开拓区有岔路长15公里到玉来冷路旁13岔路，往右拐进入玛黄县分厅，沿着公路直到坤1伴旁十字路口，往左拐约500米，往右拐进入律把噶蓬巴路，是直到律把噶学校的红土公路，再左拐7公里就可以到普普配洞了。



Jedkod Cave is a newly tourism destination of Satun, a small southernmost city of the Andaman sea. It is a very dark cave with stream flowing below. You must take the canoe, a new means of adventurous transportation of a new generation, in order to go through the cave. The stream route in the cave has many twists and turns and there are 7 sharp turns before you can reach the golden sand beach amidst the forests.

捷可洞 是沙敦府——安达曼海最南部的小城市新发现的旅游点，是个漆黑的山洞，洞底有水流不断，游览时要使用年轻人的旅游交通工具独木舟，划舟穿入洞内，在末看到森林中心岸上的黄色沙滩之前，要划舟绕过七个弯，从沙敦府城出发可进入4137号公路到了去玛黄县的三岔路口，拐入捷可洞路线。

Wang Sai Thong Waterfall is located on Ror.Por.Chor. Road (Thung Nang Kaew-Wang Sai Thong Road or Highway No. 4137). The waterfall can be accessible by 2 routes: The first one is by taking Satun-La-ngu road at Ban Ko Ta junction, Kamphaeng Sub-district. The distance from here is about 26 km. The other route to reach the waterfall is from Wa Bridge junction in Thung Wa District, Pa Kae Bo Hin Sub-district. This route is 19 km. The charming of this waterfall is the pool of water in each limestone basin which resembles the blooming lotus when water falls down to that beautiful pools of water. Larger trees are flourishing around the waterfall, an ideal place for relaxation.

汪赛通瀑布 在董囊叫-汪赛通（第4137号公路）路线罗-坡-捷-公路边，可以走两条路线，即在伽马棚区伴郭塔三岔路口，从沙敦-拉牛公路线分岔入的拉牛县，从这处到瀑布距离26公里，另一条路线即从董哇县，在把甲路行区哇桥三岔路口处，距离19公里，这处瀑布的美在于每层石灰石的水注，水流沿着瀑布层往下流，形状像绽开的荷花依次降低至美丽的水注中，瀑布周围有荫凉的大树，适合休息。

Thale Ban National Park is located in Districts of Kuan Done and Muang of Satun Province. It has verdant forests on the hilly limestone mountains. There are many interesting tourist attractions, such as Tone Din Cave, Pa Deaw Cave, Lord Poo Yoo Cave, Ya Roi Waterfalls, and Wang Pra Grassland. Additionally, there is Bueng Thale Bun (Thale Bun Swamp), a large freshwater swamp situated in the middle of a valley and surrounded by Khao Jeen and Khao Wang Phra Mountains. This swamp was originated from the land collapse of the underground limestone cave between the mountains so they became a large swamp called Bueng Thale Ban. There is an abundance of Bakong trees around the swamp and it is also the habitat of Kob Wak or water dog. Sometime, you will see tapirs coming down to drink water in the swamp. **Thale Ban National Park Tel. 66 7472 2736-7.**

奔海国家公园保护区 位于沙敦府宽敦县和直辖县内，是一片长在石灰石山脉上茂盛的密林，有许多值得游玩的旅游点，如敦林洞、鹿雕洞、罗布于洞、牙瑞瀑布及汪巴拉草原，除此之外，还有奔海湖，山谷中心的大型淡水湖，紧挨着金山岭和汪巴拉山，此湖泊来自山谷间的地下石灰洞发生地面层下陷现象，而形成大型的湖泊，被称为奔海湖，湖泊四周长满了密密麻麻的巴公树，是娃娃的栖息地，偶尔还会看到猴来湖边喝水，详细资料请咨询奔海国家公园保护区电话：66 7472 2736-7

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Phetra Islands National Park The sampan shaped island is situated on the Straits of Malacca, Andaman Sea in the Indian Ocean, west of Thailand. It is the National Park which has areas covers the coastline beaches in Satun and Trang Provinces. It consists of large and small islands with the important ones are Phetra Island, Khao Yai Island, Laloh Bantae Island, Lidi Island, Bulon Island, Laoliang Island and Praoma Island. Each island has different charms but if you look for tranquility, you should visit Bulon Island.

蓬达拉群岛国家公园保护区 蓬达拉岛形似帆船，是位于泰国西边印度洋半岛内安达曼海马六甲海峡周围的一个国家自然保护区，覆盖了沙敦及董里府整条沿海沙滩的面积，包括重要的大小岛屿，如蓬达拉岛、大山岛、拉洛本达岛、利造岛、布伦岛、旁喃岛及巴绕玛岛，每个岛屿都各有各的魅力，如果喜欢幽静就要去布伦岛。

Gasingha Beach is located in Borjedlook Village, La-ngu District. This is a shallow beach ideal for sea turtles to lay their eggs, especially Leatherback Turtle which it anticipated that this place is their only habitat in Satun.

加吟海滩 位于拉牛县七井村，是坡度比较小的海滩，因此适合海龟产卵，特别是棱龟，估计在沙敦府只剩此一处。

Rawai Beach is situated in Rawai Tai Village and Rawai Nua Village, about 26 km. far from Tung Wah District Office along the La-ngu-Tung Wah Route. There are plenty of fishing boats there. This beach is also a creation spot and a place for tasting seafood and admiring the beauty of nature.

拉吟海滩 位于拉外南区和拉外北区，离董哇办事处约26公里，沿着拉牛-董哇公路，有许多船只停在那儿，并且还可以在此休息，享受海边用餐、吹海风，欣赏海景。

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Satun is a small border city which has the coast adjacent to the Andaman Sea on the southernmost of Thailand. It features beautiful and well-known islands such as Tarutao Islands, Adang-Rawi Islands and Phetra Islands and numerous beaches and islands. Life style of the Satun people are simple and peaceful. There are not excessive facilities and accommodations here because everybody is grateful for his hometown and they have taken care and conserved their beautiful natural places to be like the way it should be.

沙敦——小小的边境府治，海岸紧靠着泰国最南部的安达曼海。这里有不少美丽闻名的群岛，如达鲁道群岛、阿当-拉威岛以及隆达拉群岛。除此之外，还有不少其他的海滩和群岛。沙敦人民向来都过着朴实、和平、美好的生活。在这里，没有过多的为生活提供方便的物品，因为沙敦人民都热爱自己的家乡，所以他们一直保护着大自然，希望美丽的自然旅游点能按照大自然的规律继续保留着应有的状态。

BEAUTIFUL SEA 欣赏美丽的海景

Laem Tanyong Po and Hat Sai Yao is a promontory jutting into the Andaman Sea with striking long beaches. There are fishermen's villages and a large area of coconut groves around. Distance from Muang Satun to Jaebilung Pier is about 8 km., then take the left turn to Tanyong Po Village for about 15 km.

东统坡半岛及长沙湾 是一伸入安达曼海的半岛，并有着美丽的长沙湾。整个半岛都是成排的椰子树和居住岛上的渔民村。从沙敦府城到左比郎码头路长约8公里，有左岔路可以到达东统坡，大约15公里长。

Sarai Islands are about 12 km. far from Jaebilung Pier, Muang District and take 2 hours by boat. Sarai Islands have 2 islands closed to each other which the local people called Yaratod Island and Yaratod Nui Island. There are beaches around the islands and close to Yaratod Island is Had Hoi Ngam Island, the place where the waves hits the seashells until they piled up on the island like a seashell cemetery.

沙莱（海菜）群岛 距直辖县的左比郎码头约12公里，坐船需2小时。沙莱群岛有二岛相近，当地居民称呀拉多岛和呀拉多努伊岛，岛屿四周环绕着海滩。靠近呀拉多岛还有海岩（贝美）岛，是海浪冲击贝壳而堆成的岛屿，看似贝壳的坟墓。

Tarutao National Park. This is Thailand's first marine national park renown for its historical background and its remarkable beauty. They consist of 51 large and small islands which can be divided into 2 large islands, i.e. Tarutao Islands and Adang-Rawi Islands. All of them have exquisite beaches and corals reef. Do not miss to witness the long coastline beaches and the way of life of Chao Le (sea gypsy) inhabitants on Lipeh Island and shallow water snorkeling at Koh Dong Island, Yao Islands and Jabang Channel, the home of seven-colored soft corals.

达鲁道国家海洋自然保护区 泰国首个国家海洋自然保护区，有着闻名的历史背景和迷人的风景。包括大小群岛数目达51个，其中有2处大群岛，即达鲁道群岛和阿当-拉威群岛。二岛都有着美丽的海滩和珊瑚礁。不能错过的是应该去观赏其美丽的海滩以及感受利巴岛上查朗人（水上居民）的生活方式。到隆群岛、长岛、咩邦水沟、七色软珊瑚聚集区观看浅水珊瑚。

SATUN • 色敦府



Songkhla is an important seaport which has location situated in the center of the Gulf of Thailand. It has the long coastline beaches with tranquil and serene atmospheres. Additionally, it also has the country's largest natural lake which is Songkhla Lake. Therefore this is one of the beautiful cities with fertile natural resources in the Gulf of Thailand.

重要的海港城市，位于暹罗湾海域的中心点。长长的海滩，环境荫凉，宁静。此外，这里还有泰国最大的自然湖泊，即宋卡湖。因此，便成为了暹罗湾海洋段府治中的又一具有丰富的自然资源以及美丽的自然景色的城市。

BEAUTIFUL SEA 欣赏美丽的海景

Laem Samila is located in municipal area, about 3 km. far from Supsin Market (Municipal Fresh Market). It has a white and clean sandy beach with shady pine trees and it is a place where the mermaid statue, a symbol of Songkhla is located.

沙蜜拉半岛 在县城政府内，离物资市场（县城鲜货市场）大约3公里。有着洁白的沙滩、松林荫凉美人鱼塑像——宋卡府的标志就立于此地。



Kob Noo-Kob Maew (Rat-Cat Islands): These are ones of the famous landmarks of Songkhla. They are island closed to the coasts of Laem Samila with one island looks like a rat and the other one which is quite far from here looks like a cat.

鼠岛-猫岛 另一处宋卡府有名的标志。是一近沙蜜拉半岛海岸的岛屿，形状似老鼠。另一近海岸的岛屿形状则像猫。

Laem Son-Onn: This place looks pleasantly with the scenery of the pine trees. At the tip of the cape situated the Monument of Prince Chumbhorn with beautiful landscape surroundings that can lookout for the Songkhla Lake. You can take the boat ride for sight-seeing of Songkhla Lake here.

宋卡半岛 荫凉的松林海滩，半岛末端座落着春蓬史乌东摩萨公摩室纪念碑，四周景色秀丽，望见宋卡湖。也可以坐船观赏宋卡湖的景色。

SONGKHLA • 宋卡府

Koh Yor: This small island is in the Songkhla Lake. Most of the areas are hillsides and hilly plains suitable for agriculture. Famous fruit of Koh Yor is Jumpada and famous product of Koh Yor is the local fabric woven. Koh Yor are the Institute for Southern Thai Studies and Wat Khao Bor.

约岛 宋卡湖中一小岛。大部分面积为山脊、山麓平地，适合农业种植。约岛有名的水果为占巴腊（菠萝蜜的一种），约岛居民有名的土特产为约岛土织布。除此之外，岛上还有南方研究院和考博寺。

Sai Kaew Beach is situated on the opposite coast of Laem Son-Onn. There are lodging services available for tourists around Kaew Beach.

玉沙滩 位于宋卡半岛对面的海岸上，是一约3公里长的海滩，在海滩上有供游客休息的酒店。

Soy Sawan Beach. This is a recreation rest areas constructed for the tourists at KM. 27 during Chana District-Thepha District. It has a beautiful powdery sand beach with the length of 3-4 km. During Saturdays-Sundays, there are food shops and refreshments available.

赛沙旺海滩 为接待半途停歇的游客而建的路边休息点，位于乍纳县-提拍县之间27公里处，沙滩有3-4公里长，周六周日有饭馆及饮料服务。

Sakom Beach is on Songkhla-Chana-Thepha road, then follow a laterite road of about 1 km. It has a beautiful sandy beach suitable for recreation and camping. You can rent the fishing boat to Koh Kham, which is about 2 km. far from the coast where there are plentiful fish. This beach offers food shops and lodging services.

沙功海滩 沿着宋卡-乍纳-提拍路线，洁白的沙滩非常美丽，是一处适合度假，野营的好地方。可以租乘渔船游卡摩岛，离海岸约2公里，在那儿可以看到密集的鱼群。海滩附近有饮食店及客房服务。

Sating Phra Beach is opposite of Sating Phra District Office, on the right turn of the junction about 500 meters. Sating Phra Beach has 3 km. long stretching beach and along the beach are pine trees with peaceful environment.

沙听拍海滩 在沙听拍县政府对面，从右岔路进去约500米。沙听拍海滩长达3公里，沿着沙滩是松林，气氛宁静荫凉。

Muang Ngam Beach is 16 km. from the south of Sating Phra Beach on Songkhla-Sating Phra road at KM. 18, there is a junction to the beach. It is a laterite road of about 1 km. The beach is 3 km. long.

漫岩海滩 在沙听拍海滩南面16公里处，从宋卡-沙听拍公路18公里处有岔路可直达海滩，是一条约1公里长的红土路，海滩长约3公里。



ECOTOURISM SOURCES 生态保护旅游点

Khao Namkhang National Park occupies areas in districts of of Nathawee and Sadao of Songkhla. It has lush forests and fertile natural resources. This place was once has historical importance since it used to be the active areas of the Chinese Communist Party. The history of long battles here can be studied from the information and photographs displayed in the manmade tunnels which also exhibited the possessions and utensils of the Party. In front of tunnel, there are food shops and an herbal shop owned by an herbalist and a former member of the Communist Party. More interesting spots here are Tone Lard Waterfall, which has the magnificent natural rocky fields about 2 rais wide above the waterfall, and Tone Dard Fah Waterfalls. *The National Park, Wildlife and Plant Conversation Department, Tel. 66 2562 0760-2.*

考南康：露水山：国家自然保护区 面积跨越宋卡府那哈威县及沙老县。森林状态以及自然资源丰富，同时还是具有历史性的景点，因为曾经是中国共产党活动的地方。可以从资料及图片了解当时那持久的战争历史，隧道里还展出了共产党的用品。隧道前面有饮食店服务，有土草药店。内有中草药医生——过去熟练中草药的同志为您煎药。此外，还有几处值得游览的景点，如东路瀑布，特色在于瀑布上方2米宽的自然石台；东大发瀑布等。可以向国家自然保护区野管和植物物种咨询有关资料，电话 66 2562 0760-2。

Khu Khut Wild Birds Sanctuary (Songkhla Lake Wildlife Reserved Area) is the Asia's biggest wild bird sanctuary covering areas of Songkhla and Phatthalung with more than 200 species of birds, such as Bronze-winged Jacana, Purple Swamp Hen and etc. It has marvelous scenery surroundings ideals for taking bird watching trip by boat. Boat can be rented here and the most suitable times are in the morning and the evening, especially during December-March which there will be abundant birds to be seen. *Contact for accommodations at Tel. 66 7439 7042.*

库吉拉水禽自然保护区（宋卡湖禁猎区）亚洲最大的水禽自然保护区，覆盖面积自宋卡府到博他它府。有水禽栖息超过二百种，如水雉、紫水鸡等。四周风景秀丽，适合坐船欣赏自然景色。可以租船在湖的禁猎区内游览观赏水禽，早、晚的时间最为适合。尤其是在12月至3月期间，会看到很多鸟。咨询有关资料或联系住宿处于 电话 66 7439 7042。



Tone Nga Chang Waterfall is located in Tone Nga Chang Wildlife Reserved Area and it is one of the most beautiful waterfalls in the South. It is about 28 km. far from Hat Yai along Hat Yai-Rattaphumi road. The waterfall consists of 7 cascades with the most beautiful is the third one where two stream can be seen like the elephant tusks. However, the way up to the waterfall is quite steep so please take extra precaution.

东牙昌瀑布 在东牙昌野兽种类保护区内，是南部一处美丽的瀑布，距合艾县约28公里，沿着合艾-叻德隆的路线。东牙昌瀑布全部共7层，最美的是第3层，瀑布分开往下流看似白白的象牙。爬上瀑布较陡，应特别小心。